



My Battery Usage Roadmap

Autistic Adults can face many small challenges in everyday like that can Have a larger impact than other people may experience. Sometimes small things can build up so much that it becomes overwhelming and affects other parts of our daily life.

Making a plan to overcome these challenges can feel empowering and help you regain control of your life. This Roadmap helps you understand what drains and replenishes your battery, so you can work towards maintaining a balance that works for you.

Mark below how much each activity drains or charges your battery.

Example:

Socializing 1-On-1		Socializing 1-On-1	
Daily "necessary" Interactions		Texting/Emailing	
Attending Work/Class		Verbal Communication	
Social Gatherings		Small Talk	
Special Interest Conversations			



Sensory Roadmap



Ambient/Environmental Sounds		Listening to Music	
Bright/Fluorescent Lighting		Minimal/Low Lighting	
Unexpected smells (perfume, food, etc)		scents of my choice	
crowded rooms		time alone	
adequate personal space		loud music	
stimming/fidgeting		silence	

Executive Function Roadmap

[illegible]

Relationship Roadmap

parent 1		parent 2	
siblings		extended family	
close friends		Aquaintances	
group conversations		smaller group conversations	
phone calling		videocalling	
masked communication			

Physical Health Roadmap

medical appointments		cooking	
eating		sleep	
hygiene		movement	
physiotherapy homework		travelling	
swimming		running	
team sports		solo sports	
napping		time in nature	
yoga/stretching			

Mental Health Roadmap

[illegible]

Others

financial planning

house chores

reading

playing games

plans changing

self-soothing

hobbies

social media

tv/film

painting/drawing

Others

A 4x8 grid of colored rectangles with a tab on the right side, arranged in four columns and eight rows. The colors are blue, light blue, and white. The first column has blue, light blue, blue, and light blue. The second column has light blue, white, light blue, and white. The third column has blue, light blue, blue, and light blue. The fourth column has light blue, white, light blue, and white.



My Battery Usage Roadmap

Learning to balance the battery-draining and replenishing activities often looks like “active rest” and balanced daily activities. Below, reflect on how you can balance highly draining activities with highly replenishing activities to create a fulfilling, balanced day/life.
